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VA Publishes Final Regulation on "Presumptive" Illnesses for Gulf War & Iraq, Afghanistan Veterans

The following information was found on the internet http://www.va.gov/opa/ssrel/

WASHINGTON (September 28, 2010) - Secretary of Veterans Affairs Eric K. Shinseki today announced the publication of a final regulation in the Federal Register that makes it easier for Veterans to obtain Department of Veterans Affairs (VA) health care and disability compensation for certain diseases associated with service in Southwest Asia (including Iraq) or Afghanistan.

"This is part of historic changes in how VA considers Gulf War Veterans' illnesses," said Secretary Shinseki. "By setting up scientifically based presumptions of service connection, we give these deserving Veterans a simple way to obtain the medical and compensation benefits they earned in service to our country."

The final regulation establishes new presumptions of service connection for nine specific infectious diseases associated with military service in Southwest Asia beginning on or after the start of the first Gulf War on Aug. 2, 1990, through the conflict in Iraq and on or after Sept. 19, 2001, in Afghanistan.

The final regulation reflects a determination of a positive association between service in Southwest Asia or Afghanistan and nine diseases and includes information about the long-term health effects potentially associated with these diseases: Brucellosis, Campylobacter jejuni, Coxiella Burnetii (Q fever), Malaria, Mycobacterium tuberculosis, Nontyphoid Salmonella, Shigella, Visceral leishmaniasis and West Nile virus.

With the final rule, a Veteran will only have to show service in Southwest Asia or Afghanistan and that he or she had one of the nine diseases within a certain time after service and has a current disability as a result of that disease, subject to certain time limits for seven of the diseases. Most of these diseases would be diagnosed within one year of return from service, though some conditions may manifest at a later time.

For non-presumptive conditions, a Veteran is required to provide medical evidence to establish an actual connection between military service in Southwest Asia or Afghanistan and a specific disease.

The decision to add these presumptives was made after reviewing the 2006 report of the National Academy of Sciences Institute of Medicine (NASIOM), titled, "Gulf War and Health Volume 5: Infectious Diseases."

The 2006 report differed from the four prior reports by looking at the long-term health effects of certain diseases determined to be pertinent to Gulf War Veterans. Secretary Shinseki decided to include Afghanistan Veterans in these presumptions because NAS found that the nine diseases are also prevalent in that country.

The 1998 Persian Gulf War Veterans Act requires the Secretary to review NAS reports that study scientific information and possible associations between illnesses and exposure to toxic agents by Veterans who served in the Persian Gulf War.

While the decision to add the nine new presumptives predates VA's Gulf War Veterans' Illnesses Task Force (GWVI-TF), the overarching responsibility of the GWVI-TF is to regain Gulf War Veterans' confidence in VA's health care, benefits, and services and reconfirm VA is 100 percent committed to Veterans of all eras. The GWVI-TF began in fall 2009 and is not a static, one-time initiative but will continue to build on its work with annual reports issued every August. The group's focus centers on unanswered Gulf War Veterans' health issues, improving access to benefits, ensuring cutting edge research into treatments, and to make sure Veterans' concerns are heard and addressed. This includes continuing to solicit Veterans, experts, advocates and stakeholders to share their views to better inform the important work of the GWVI-TF. The GWVI-TF Report can be found at www.VA.gov.

Disability compensation is a non-taxable monetary benefit paid to Veterans who are disabled as a result of an injury or illness that was incurred or aggravated during active military service.

Last year, VA received more than one million claims for disability compensation and pension. VA provides compensation and pension benefits to over 3.8 million Veterans and beneficiaries.

See page 4—Illnesses VA Recognizes...

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COMMENTARY CORNER

By: Tom Ludka, Veterans Service Officer

VETERANS DAY AND VOTING

Two important days are approaching. The first will be a peaceful replacement or reelection of elected officials. The second will be an observance honoring those citizens who have insured that this peaceful process can occur.

Voting has been described as a privilege and a civic duty. The right, in the end, to peacefully replace our public officials, is enshrined in our US Constitution. Our nation's founders believed that "We the People" have the right to change our leadership. No matter what your political affiliation or core beliefs you have the right to cast a secret ballot. You have a power that many people on the face of the earth wish they had. You can elect officials who will support issues that you care about. You can help change the direction of a community, state and nation! Abraham Lincoln reportedly said, "Elections belong to the people, it is their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters." You have no excuse not to vote. Protect your backside, become an informed citizen and vote!

Our freedoms and rights are preserved in the written word and carved in many of our monuments. However, it has been the veteran who has given these words flesh and blood. Our citizens are our defenders. During the month of May we observe Armed Forces Day, for those who are currently serving, and Memorial Day, for those who have died in the service of their country.

November provides us the opportunity to observe Veterans Day, originally known as Armistice Day, the day when the guns on the western front ceased firing thereby effectively ending World War I. The cessation of hostilities went into effect on the eleventh month, eleventh day, at the eleventh hour. After World War II and with the Korean War winding down President Eisenhower changed the emphasis from honoring just WW I veterans to honoring all veterans. Armistice Day was changed to Veterans Day in 1954

Our freedom is never more than one generation away from extinction. If we become an apathetic people who exhibit little care for the issues that determine our own future, then we sow the seeds of our own demise.

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Veterans Day is a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. We will hear many pious words of praise to honor our veterans. However, our collective actions have always spoken louder than our words. We can best honor our veterans and ensure our future by going to the polls and voting in November. Our veterans have preserved our right to peaceably do so for 235 years. Please take the time to become informed on the issues and then step into the voting booth and vote. When you do, you will be stepping into the footprints of freedom that our veterans have left for you and you are leaving for the next generation.

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The Waukesha County Veterans' Service Office

If you have any questions or comments about the contents of the newsletter, please contact Waukesha County Veterans' Service Office at 262-548-7732.

VA Publishes Final Regulation to Aid Veterans Exposed to Agent Orange

The following information was found at: http://www.va.gov/opa/ssrel/

WASHINGTON (August 30, 2010) - Veterans exposed to herbicides while serving in Vietnam and other areas will have an easier path to access quality health care and qualify for disability compensation under a final regulation that will be published on August 31, 2010 in the Federal Register by the Department of Veterans Affairs (VA). The new rule expands the list of health problems VA will presume to be related to Agent Orange and other herbicide exposures to add two new conditions and expand one existing category of conditions.

"Last October, based on the requirements of the Agent Orange Act of 1991 and the Institute of Medicine's 2008 Update on Agent Orange, I determined that the evidence provided was sufficient to award presumptions of service connection for these three additional diseases," said Secretary of Veterans Affairs, Eric K. Shinseki. "It was the right decision, and the President and I are proud to finally provide this group of Veterans the care and benefits they have long deserved."

The final regulation follows Shinseki's determination to expand the list of conditions for which service connection for Vietnam Veterans is presumed. VA is adding Parkinson's disease and ischemic heart disease and expanding chronic lymphocytic leukemia to include all chronic B cell leukemias, such as hairy cell leukemia.

In practical terms, Veterans who served in Vietnam during the war and who have a "presumed" illness don't have to prove an association between their medical problems and their military service. By helping Veterans overcome evidentiary requirements that might otherwise present significant challenges, this "presumption" simplifies and speeds up the application process and ensure that Veterans receive the benefits they deserve.

The Secretary's decision to add these presumptives is based on the latest evidence provided in a 2008 independent study by the Institute of Medicine concerning health problems caused by herbicides like Agent Orange.

Veterans who served in Vietnam anytime during the period beginning January 9, 1962, and ending on May 7, 1975, are presumed to have been exposed to herbicides.

More than 150,000 Veterans are expected to submit Agent Orange claims in the next 12 to 18 months, many of whom are potentially eligible for retroactive disability payments based on past claims. Additionally, VA will review approximately 90,000 previously denied claims by Vietnam Veterans for service connection for these conditions. All those awarded service-connection who are not currently eligible for enrollment into the VA healthcare system will become eligible.

This historic regulation is subject to provisions of the Congressional Review Act that require a 60-day Congressional review period before implementation. After the review period, VA can begin paying benefits for new claims and may award benefits retroactively for earlier periods. For new claims, VA may pay benefits retroactive to the effective date of the regulation or to one year before the date VA receives the application, whichever is later. For pending claims and claims that were previously denied, VA may pay benefits retroactive to the date it received the claim.

VA encourages Vietnam Veterans with these three diseases to submit their applications for access to VA health care and compensation now so the agency can begin development of their claims.

Individuals can go to a website at http://www.vba.va.gov/bln/21/AO/claimherbicide.htm
to get an understanding of how to file a claim for presumptive conditions related to herbicide exposure, as well as what evidence is needed by VA to make a decision about disability compensation or survivors benefits.

Additional information about Agent Orange and VA's services for Veterans exposed to the chemical is available at www.publichealth.va.gov/exposures/agentorange.

The regulation is available on the Office of the Federal Register website at http://www.ofr.gov/.

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Catastrophically Disabled Veterans

The following information is from: http://www.va.gov (Fact Sheet 16-15 July 2010)

Description—Based on a VA clinical decision, Veterans are considered Catastrophically Disabled when they have a severely disabling injury, disorder or disease that permanently compromises their ability to carry out the activities of daily living. The disability must be of such a degree that the Veteran requires personal or mechanical assistance to leave home or bed, or require constant supervision to avoid physical harm to themselves or others.

Veterans determined Catastrophically Disabled are placed into Priority Group 4 unless eligible for a higher Priority Group placement based on other eligibility criteria such as being a compensable service-connected Veteran, in receipt of Aid and Attendance or Housebound benefits, a former Prisoner of War, or a Medal of Honor or Purple Heart recipient.

A Catastrophically Disabled determination may be authorized when a VA clinician determines that there is sufficient medical documentation without further evaluation. Veterans may also request a Catastrophically Disabled evaluation by contacting the Enrollment Coordinator at their local VA health care facility. It is VA policy to provide a Catastrophically Disabled

Veteran an evaluation within 30 days of the request. There is no charge for this examination.

Recent Legislative Changes—On May 5, 2010, the President signed Public Law 111-163, the Caregiver and Veterans Omnibus Health Services Act of 2011. The law provides Veterans determined by VA to be Catastrophically Disabled an exemption from inpatient, outpatient and prescription copays. However, these Veterans may still be subject to copayments for extended care (long-term care) services.

Additional Information—VA is currently reviewing Catastrophically Disabled Veterans copayment charges for inpatient care, outpatient care, and prescriptions received on or after May 5, 2010. Copayment charges will be cancelled, or if Veterans have previously paid, refunds will be issued. Each VA Medical Center has an Enrollment Coordinator available to provide information about VA health care. Veterans may also call 1-877-222 VETS (8387) or visit www.va.gov/healtheligibility.

Illnesses VA Recognizes as Associated with Gulf War Service

The following information is from: http://www.va.gov

VA presumes that specific disabilities diagnosed in certain Veterans were caused by their military service. Gulf War Veterans with the illnesses shown below may be eligible for <u>health care</u> and <u>disability compensation</u>.

Medically Unexplained Clusters of Symptoms: For Gulf War Veterans, VA has recognized certain unexplained clusters of symptoms existing for six months or more as associated military service in the Gulf. The illnesses must have appeared during active duty in the Southwest Asia Theater of Operations or by December 31, 2011, and be at least 10 percent disabling.

Illnesses include medically unexplained clusters of symptoms that have existed for six months or more, such as:

- Chronic fatigue syndrome
- ♦ Fibromyalgia
- Irritable bowel syndrome
- Any diagnosed or undiagnosed illness that VA's Secretary determines should be presumed to be associated with Gulf War service

Signs or symptoms of an undiagnosed illness may include:

- Abnormal weight loss
- ♦ Cardiovascular signs or symptoms
- ♦ Fatigue
- Gastrointestinal signs or symptoms
- Headache
- Joint pain
- Menstrual disorders
- Muscle pain
- Neurologic signs or symptoms
- Neuropsychological signs or symptoms
- Signs or symptoms involving the skin
- Signs or symptoms involving the upper and lower respiratory system
- ♦ Sleep disturbances

Infectious Diseases: VA recognizes the following infectious diseases as related to military service in Southwest Asia during the first Gulf War starting August 2, 1990, through the conflict in Iraq and on or after September 19, 2001, in Afghanistan:

(Continued on page 15 - Gulf War Veterans)

National Call Center for Homeless Veterans

The following information was found at: http://www.va.gov/opa/ssrel/

Homeless Veteran in need of help? Call 1-877-4AID VET (1-877-424-3838)

The Department of Veterans Affairs' (VA) has founded a National Call Center for Homeless Veterans hotline to ensure that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community. To be connected with a trained VA staff member call 877-424-3838.

- Call for yourself or someone else
- Free and confidential
- Trained VA counselors to assist
- Available 24 hours a day, 7 days a week

• We have information about VA homeless programs and mental health services in your area that can help you.

What will happen when I call?

- You will be connected to a trained VA staff member.
- Hotline staff will conduct a brief screen to assess your needs.
- Homeless Veterans will be connected with the Homeless Point of Contact at the nearest VA facility.
- Family members and non-VA providers calling on behalf of a homeless Veteran will be provided with information regarding the homeless programs and services available.
- Contact information will be requested so staff may follow-up.

VA Announces Change to Medication Copays for Some Veterans

The following information is from the internet http://www.va.gov/opa/ssrel/

WASHINGTON - As previously announced on January 7, 2010, the Department of Veterans Affairs (VA) froze prescription copayment increases for six months. Veterans who generally have higher income and no service-connected disabilities - referred to as Priority Groups 7 and 8 Veterans - will now pay an additional \$1 for each 30-day supply of outpatient medications. Taking effect July 1, the increase to \$9 from \$8 is the first change in VA's medication copay since Jan. 1, 2006.

"Because of the harsh economic reality facing many Veterans, we delayed the change," said Secretary of Veterans Affairs Eric K. Shinseki. "We're now ensuring the Veterans most in need of VA care are those least affected. Yet, even with this increase, VA medication copays are lower than much of the private sector.

This change does not impact Veterans in Priority Groups 2 through 6 who will continue to pay \$8 for each 30-day supply of medications

for their non-service connected conditions unless otherwise exempted. These Veterans will also continue to have their out-of-pocket expenses for VA outpatient medications capped at \$960 per calendar year.

Veterans who have an injury or illness connected with their military service resulting in a disability rated 50 percent or greater – who are known as Priority Group 1 Veterans – are exempt from the copay.

VA generally sets its outpatient medication copay rate based upon a regulation that ties the rate to the Medical Consumer Price Index for prescription drugs.

Veterans who have difficulty paying copayments for outpatient medications should discuss the matter with their local VA enrollment coordinator. Veterans may also contact VA at 1-877-222 VETS (8387) or visit VA's health eligibility Web site at www.va.gov/healtheligibility.

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VA Makes Filing Claims Easier and Faster for Veterans—Simpler Forms and New Program Reduce Paperwork and Speed Process

The following information was found on the internet http://www.va.gov/opa/ssrel/

WASHINGTON (June 15, 2010) - As part of Secretary of Veterans Affairs Eric K. Shinseki's effort to break the back of the backlog, the Department of Veterans Affairs (VA) is reducing the paperwork and expediting the process for Veterans seeking compensation for disabilities related to their military service.

"These reductions in paperwork, along with other improvements to simplify and speed the claims process, symbolize changes underway to make VA more responsive to Veterans and their families," said Secretary Shinseki.

VA has shortened application forms to reduce paperwork for Veterans. The new forms, which are being made available on VA's Web site at www.va.gov/vaforms include:

- ♦ A shortened VA Form 21-526 for Veterans applying for the first-time to VA for disability compensation or pension benefits. This form has been cut in half from 23 to 10 pages. It is immediately available to Veterans via Web download, and will be available through VA's online claim-filing process later this summer at http://vabenefits.vba.va.gov/vonapp/main.asp
- ♦ VA Form 21-526b for Veterans seeking increased benefits for conditions already determined by VA to be service-connected. This new form more clearly describes the information needed to support claims for increased benefits.

In order to make the claims process faster, VA has also introduced two new forms for Veterans participating in the Department's new fully developed claim (FDC) program, which is one of the fastest means to receive a claims decision.

Gathering the information and evidence needed to support a Veteran's disability claim often takes the largest portion of the processing time. If VA receives all of the available evidence when the claim is submitted, the remaining steps in the claims-decision process can be expedited without compromising quality.

To participate in the FDC program, Veterans should complete and submit an FDC Certification and VA Form 21-526EZ, "Fully Developed Claim (Compensation)," for a compensation claim, or a VA Form 21-527EZ, "Fully Developed Claim (Pension)," for a pension claim.

The forms were designed specifically for the FDC program. These six-page application forms include notification to applicants of all information and evidence necessary to "fully develop" and substantiate their claims. With this notification, Veterans and their representatives can "fully develop" their claims before submission to VA for processing.

Along with the application and certification, Veterans must also submit all relevant and pertinent evidence to "fully develop" their claims. A claim submitted as "fully developed" may still require some additional evidence to be obtained by VA, to include certain federal records and a VA medical examination.

VA provides compensation, pension, education, loan guaranty, vocational rehabilitation, employment, and insurance benefits to Veterans and their families through 57 VA regional offices.

Disability compensation is a tax-free benefit paid to a Veteran for disabilities that are a result of -- or made worse by -- injuries or diseases that happened while on active duty, active duty for training or inactive duty training. Pension is a benefit paid to wartime Veterans with limited income, and who are permanently and totally disabled or age 65 or older.

For additional information, go to <u>www.va.gov</u> or call VA's toll free benefits number at 1-800-827-1000.

Veterans to Lose Retroactive Payments (Tell All OIF & OEF Vets)

The following information was received from Jeff Dentice docdentice@wi.rr.com

Stop-Loss Vets to Lose Retroactive Payments: Approximately 145,000 servicemembers who were stop-lossed between September 2001 and September 2008 are eligible to receive \$500 for every month they were kept beyond their initial separation date.

The problem is only about 20 percent, or 30,000 claims, have been paid, and the program ends Dec. 3, 2010. For more information about the program and to apply for retroactive stop-loss pay, go to www.defense.gov/stoploss.

VA Simplifies Access to Health Care and Benefits for Veterans with PTSD

The following information was found on the internet http://www.va.gov/opa/ssrel/

WASHINGTON (July 12, 2010) - Secretary of Veterans Affairs Eric K. Shinseki announced a critical step forward in providing an easier process for Veterans seeking health care and disability compensation for Post-Traumatic Stress Disorder (PTSD), with the publication of a final regulation in the Federal Register.

"This nation has a solemn obligation to the men and women who have honorably served this country and suffer from the often devastating emotional wounds of war," said Secretary of Veterans Affairs Eric K. Shinseki. "This final regulation goes a long way to ensure that Veterans receive the benefits and services they need."

By publishing a final regulation in the Federal Register to simplify the process for a Veteran to claim service connection for PTSD, VA reduces the evidence needed if the trauma claimed by a Veteran is related to fear of hostile military or terrorist activity and is consistent with the places, types, and circumstances of the Veteran's service.

This science-based regulation relies on evidence that concluded that a Veteran's deployment to a war zone is linked to an increased risk of PTSD.

Under the new rule, VA would not require corroboration of a stressor related to fear of hostile military or terrorist activity if a VA doctor confirms that the stressful experience recalled by a Veteran adequately supports a diagnosis of PTSD and the Veteran's symptoms are related to the claimed stressor.

Previously, claims adjudicators were required to corroborate that a non-combat Veteran actually experienced a stressor related to hostile military activity. This final rule simplifies the development that is required for these cases.

VA expects this rulemaking to decrease the time it takes VA to decide access to care and claims falling under the revised criteria. More than 400,000 Veterans currently receiving compensation benefits are service connected for PTSD. Combined with VA's shorter claims form, VA's new streamlined, science-based regulation allows for faster and more accurate decisions that also expedite access to medical care and other benefits for Veterans.

PTSD is a medically recognized anxiety disorder that can develop from seeing or experiencing an event that involves actual or threatened death or serious injury to which a person responds with intense fear, helplessness or horror, and is not uncommon among war Veterans.

Disability compensation is a tax-free benefit paid to a Veteran for disabilities that are a result of -- or made worse by -- injuries or diseases associated with active service.

For additional information, go to www.va.gov/or call VA's toll free benefits number at 1-800-827-1000.

DATES TO REMEMBER

Oct. 11—Columbus Day



Nov 10-Marine Corps 1775



Oct. 13-Navy 1775



Nov. 11—Veteran's Day



Oct 31-Halloween



Nov. 19—Gettysburg Address



Nov. 2—Election Day



Nov. 25—Thanksgiving Day



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Following Lawmakers' Request, Wisconsin Veterans Will Have Access to More Counseling

The following information is from the Veterans Affairs Press Release from Senator Kohl

Washington, D.C. – Today, Wisconsin Senators Russ Feingold and Herb Kohl, Congressman Dave Obey and Congresswoman Gwen Moore hailed the Department of Veteran Affairs' (VA) actions to enhance efforts to help veterans in Wisconsin. The VA announced that it will open a new Vet Center site in Wausau, Wisconsin, as well as add additional counselors at the Milwaukee, Madison and Green Bay Vet Centers to help process cases and expedite assistance to veterans. In an April 28 letter, the Wisconsin lawmakers urged the VA to open a Vet Center in north central Wisconsin to help serve the tens of thousands of veterans who do not live near a facility, as well as increase assistance in Milwaukee.

"I am very pleased that tens of thousands of veterans and their families in north central Wisconsin will have access to the critical services and support they need when this Vet Center site opens in Wausau. I am also glad to see this additional support for veterans in Milwaukee, Madison and Green Bay," Senator Feingold said. "Members of the Armed Forces, as well as their families, are under incredible strain, and it is vitally important that we provide support to veterans who have served in Iraq and Afghanistan. These centers help veterans deal with mental health issues, like posttraumatic stress disorder, which veterans are struggling with at alarming rates. Through outreach and counseling, Vet Centers help ensure our veterans are getting the health care and benefits they need in order to readjust to civilian life."

"Veterans in Wisconsin deserve easy access to quality mental health services," **Senator Kohl said.**"Vet centers throughout Wisconsin help veterans deal with various mental health issues that many

soldiers face when returning from combat, including post traumatic stress disorder. The opening of a site in Wausau will help veterans in northern Wisconsin receive the help and treatment they need and deserve."

"This is good news for North Central Wisconsin which was sorely lacking these resources. Considering that 41 percent of veterans live in rural areas, we've got to ensure that returning soldiers have access to the support services they need. We owe it to every single veteran to address not only their physical wounds, but also the mental and emotional consequences of war," said Congressman Obey.

Congresswoman Moore said, "This is great news -- increased access means that more vets can get the treatment they deserve.

Vet Centers provide counseling in a non-medical setting to complement the services provided in VA medical centers and outpatient clinics. They are critical to helping service members deal with issues like post-traumatic stress disorder and other mental health and readjustment issues. Wisconsin has a disproportionately low number of Vet Centers compared to other states like West Virginia or Hawaii that have a smaller veteran population than Wisconsin, but have nine and seven Vet Centers respectively compared to Wisconsin's four. Currently, Wisconsin has three Vet Centers that are located in Milwaukee, Madison and Green Bay. An additional center in La Crosse county, which Feingold, Kohl, Obey and Moore requested, is expected to open later this year. With an additional site in Wausau, roughly 90 percent of Wisconsin veterans will reside within an hour's drive of a Vet Center.



It takes the courage and strength of a warrior to ask for help....

If you're in an emotional crisis
Call 1-800-273-TALK (8255)

"Press 1 for Veterans"

www.suicidepreventionlifeline.org

Information for Veterans About Health Care Reform

The following information was found on the internet at: www.index.va.gov/search/va

Many Veterans have questions about the new health care reform law. The Veterans Health Administration (VHA) offers the following information about the law and its impact on Veterans. This document addresses only the most pressing questions that have been raised. VHA will provide additional information about the new law as it is developed.

Impact: - Nothing in the new law changes anything about VA health care

- The law contains many complex provisions, including many reforms to the practices of the health insurance industry.
- Nothing in the new law changes anything about the Veterans' health care program.
- Enrolled Veterans may still rely on VHA for their health care in the same manner as before the law.

Beginning in 2014, everyone will be required to have health care coverage

- ◆ The law requires that every individual must have some form of health care coverage.
- ◆ The coverage must meet a minimum standard so that everyone will be able to have a minimum level of care.
- Congress wrote into the law a provision that says the Veterans' health care program, administered by VHA, meets the standard for health care coverage.

Enrolled Veterans do not have to purchase additional coverage

- Because the Veterans' health care program meets the standard under the law, Veterans enrolled in the VA health care program do not need to obtain additional health care coverage.
- Veterans may continue to purchase additional coverage if they wish, but the law does not require them to do so.

VA Updates Online Health Care Application

The following information was found on the internet http://www.va.gov/opa/pressrel/

WASHINGTON (May 5, 2010) - Veterans will find it easier and faster to apply for their health care benefits now that the Department of Veterans Affairs has updated its online Form 10-10EZ, "Application for Health Benefits."

"VA is committed to tapping into the best that technology has to offer to ensure Veterans receive the benefits they have earned," said Secretary of Veterans Affairs Eric K. Shinseki. "We continue to look for new ways to improve access to care and benefits."

This revised online application provides enhanced navigation features that make it easier and faster for Veterans to apply for their health care benefits. This new version also allows Veterans to save a copy of the completed form for their personal records.

The most significant enhancement allows Veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, Veterans had to complete the form in a single session.

This updated online form, along with the revised VA Form 10-10EZ,

reduces the collection of information from Veterans by eliminating some questions.

In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010.

Veterans may complete or download the 10-10EZ form at the VA health eligibility website at: https://www.1010ez.med.va.gov/sec/vha/1010ez. Veterans may also contact VA at 877-222-8387 (VETS) or visit the VA health eligibility website at: www.va.gov/healtheligibility.



HERE'S TO THE HEROES

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NEWS UPDATE FOR STATE BENEFITS

Honor Flight Network Provides Once-in-a-Lifetime Memories for World War II Veterans: by Kenneth Black

The following information is from http://dva.state.wi.us

Perhaps one of the greatest programs to honor World War II veterans, which has been noted by the media periodically but not often enough, is the Honor Flight Network.

The Honor Flight Network (<u>www.honorflight.org</u>) began in Dayton, Ohio in 2005, with the purpose of flying veterans to see the memorials created for them in Washington, D.C. The Honor Flights, through transporting World War II veterans to their memorial in the nation's capital – at no cost to the veterans – is an expression of America's respect and gratitude to its Greatest Generation.

Volunteers accompany the veterans, now in their eighties and nineties, to assist them. Homecoming receptions of hundreds of people greet the veterans at the airports. Veterans who have been able to make the trip say they have been humbled by the atmosphere of honor and respect by citizens as they made these journeys, and have been pleased during the flights to receive "mail call" from well-wishers.

From the first flight in 2005, the Honor Flight Network has grown to have 71 hubs in 30 states and has flown thousands of WWII veterans, who are given preference due to their age, along with the fact that the WWII memorial was not completed until almost 60 years after the war. Terminally ill veterans from all other wars are also given priority.

The first Honor Flight from Wisconsin took place in October of 2008, coordinated by the Freedom Honor Flights (www.freedomhonorflight.org) hub of LaCrosse. Four other hubs have been established:

- ◆ Stars and Stripes Honor Flight of the Greater Milwaukee/Ozaukee County area (www.starsandstripeshonorflight.org);
- ◆ Old Glory Honor Flight, Inc. of Appleton (www.oldgloryhonorflight.org);
- ◆ Badger Honor Flight, Inc. of Madison (www.badgerhonorflight.org); and
- ◆ Never Forgotten Honor Flight of Wausau (www.neverforgottenhonorflight.com).

To date, over 1,700 Wisconsin veterans in total – from all five hubs – have flown on an Honor Flight.

It is worth noting that the honor flight hubs, and veterans' groups, have been doing an outstanding job of coordinating the flights and obtaining donations to support them, including corporate donations. Each WWII veteran's round-trip flight costs \$500, and the veterans themselves are not to contribute to the program because it is for them. A few hundred veterans are still on a waiting list for a flight.

The public can learn more about Honor Flights by visiting the Wisconsin Department of Veterans Affairs website at www.WisVets.com/HotTopics.

How to File for Your WI Veteran's & Surviving

Spouse's Property Tax Credit The following information is from: http://dva.state.wi.us

(Veteran must be Rated at 100% Service Connected Disabled to be Eligible)

Once a veteran or unremarried surviving spouse receives certification for the Wisconsin Veterans and Surviving Spouses Property Tax Credit from the Wisconsin Department of Veterans Affairs (WDVA), the veteran or surviving spouse will need to do the following to receive this credit:

- 1) Complete a Wisconsin income tax return for the eligible year and claim the Veterans and Surviving Spouses Property Tax Credit (*for example, 2009 Form 1- line 50; 2009 Form 1A line 34*). NOTE: 2009 is the first year of eligibility for approved applicants under the "new 2009 criteria."
- 2) For the first year in which you qualify for the credit (and

first year only), enclose a photocopy of the certification you received from WDVA with your Wisconsin tax return.

3) Enclose a copy of your property tax bill and proof of payment with your Wisconsin tax return. If filing your tax return electronically, you must complete Form W-RA, *Required Attachments for Electronic Filing*, and submit it along with the required documents to:

Wisconsin Department of Revenue P.O. Box 8967 Madison, WI 53708-8967

NOTE: Do **NOT** send your tax return or certification back to the Wisconsin Department of Veterans Affairs.

Madison-Wisconsin Veterans Museum

The following information is from http://museum.dva.state.wi.us/

The Veterans Museum encourages people of all age groups and backgrounds to visit our award winning facility. We serve the public in four unique areas. The Veterans Museum offers instructive exhibits that highlight important events in Wisconsin military history from the Civil War to the present. The museum has received national recognition for its displays. Secondly, the Veterans Museum develops educational programs often focusing on specific themes such as World War II or Korea. Thirdly, the Museum also operates a Research Center where books, photographic materials, oral histories, and archival collections can be accessed. In addition, the Research Center provides online reference assistance. Finally, the Museum cares for and safeguards

a large collection of artifacts associated with Wisconsin's military history.

The Wisconsin Veterans Museum is an active member of the area community. The museum hosts school tours, veterans group meetings, commemorative events, special programs and participates in activities sponsored by its governing agency, the Wisconsin Department of Veterans Affairs. The message of the Veterans Museum is one of affirmation. The Museum recognizes, acknowledges and affirms the role of state veterans in America's military past. We believe that our educational programs, exhibits, and services contribute to the quality of life Wisconsin citizens enjoy.



"The Rise of the Fallen" Opens June 30th—October 31, 2010

The following information is from http://museum.dva.state.wi.us/

Join the Wisconsin Veterans Museum in honoring the 101 servicemen and women from Wisconsin who gave their lives in Iraq

and Afghanistan with this special exhibit created by Madison artist Andre Ferrella. A featured addition to the Museum's Faces in the Sand, *The Rise of the Fallen* contains Ferrella's unique "spirit boxes" featuring the likenesses of the 101 KIAs from Wisconsin which capture the spirit of the soldier in ways that a portrait cannot. This is a one-of-a-kind exhibit experience that

should not be missed. For more information on the project, please see www.theriseofthefallen.org.

For more information on the exhibit, contact Jeff Kollath, Curator of Programs and Exhibitions, at 608-261-0541.

The Wisconsin Veterans Museum is located at 30 W. Mifflin Street, Madison, WI, across the street from the State Capitol. Also, visit their website at www.museum.dva.state.wi.us.

There is Now a Fast & Easy Way for Retired Wisconsin National Guard Members to Get the Latest Retiree News Information

The following information was received from: jacqueline.guthrie@us.army.mil

There is now a fast and easy way for retired Wisconsin National Guard members to get the latest retiree news and information. Retirees are encouraged to visit:

https://service.govdelivery.com/service/multi_subscribe.html?code=WIDMA

and enter e-mail address and/or cell phone number (for text messages) - Once in the system, select the box next to "Retiree News and Information" (You can also subscribe to other Wisconsin National Guard news services, such as deployment updates and the At Ease Express). Subscribers will then receive news releases, event info and other retirement info periodically.

Please note that e-mail addresses will not be shared with other entities and you can unsubscribe at anytime.

Please contact me if you have questions or concerns or need assistance.

Jackie Guthrie LTC, Wisconsin National Guard Director of Public Affairs

Email: jacqueline.guthrie@us.army.mil
Tel: 608-242-3050 (DSN 724-3050)
Fax: 608-242-3051

Cell: 608-516-1777

Current News Releases and Media Galleries are available at: http://dma.wi.gov/.

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Southern WI Veterans Memorial Cemetery Plans for the Future \$5 Million Construction Project Will Be Coming to a Close

The following information is from http://dva.state.wi.us

(Madison, WI) – Since it opened over 13 years ago, Southern Wisconsin Veterans Memorial Cemetery (SWVMC) near Union Grove has experienced significant growth. "We oversee more than 800 interments annually," says Director Marian Lewandowski, Jr. That makes SWVMC the fifth busiest state veterans' cemetery in the nation. Currently there are 74 state cemeteries in operation throughout the United States.

To accommodate increasing demand and to safe-guard existing gravesites, SWVMC is undergoing a comprehensive expansion project with a price tag of over \$5 million. Funding for the project is provided under the U.S. Department of Veterans Affairs (VA) State Cemetery Grants Program. The cemetery is sited on 105 acres total and will increase from its current size of 45 developed acres to 80 developed acres.

The expansion project includes new columbaria, standard burial plots, pre-placed crypts, in-ground cremation gravesites, a scattering garden, new roads, irrigation, landscaping, an additional retention pond and extensive supporting infrastructure. The project will ensure capacity for future burial for the next eight to ten years.

Interment Gardens I and J Receive Special Attention

Much of the cemetery has continued to operate normally throughout the expansion project. However, a significant portion known as Interment Gardens I and J is experiencing more extensive work. Improvements to these existing areas were recommended by local and federal project engineers. A new storm water drainage system and proper grading will help manage water flow through the cemetery, which has been an issue. Improvements will help protect the integrity of these areas for years to come and prepare for continued expansion.

Headstones in these areas of the cemetery were removed this past fall in order to protect them from damage as a new layer of soil is added to the area to ensure proper grading. Prior to removal, the entire section was carefully surveyed using Global Positioning System (GPS) technology. Each grave marker was inventoried and its exact location recorded. Markers are being stored safely onsite.

Improvements to Interment Gardens I and J have required the patience and understanding of over 400 family members with loved ones buried at SWVMC. Family members were notified of the project last fall. In addition, signs and notifications have been posted at the cemetery. Understandably, some family members are impatient for work to finish so they can again visit the graves.

Director Lewandowski is sympathetic to the concerns of family members. "Every one of our contractors and staff understand the urgency," he says. "We appreciate the patience the families have shown. We all want this project finished successfully and finished soon. We know our families will be pleased with the end results."

Frost and Rain Have Been Issues, but Project Nearing Completion

The project grant was approved in the fall of last year and work started soon after. The project focused first on Interment Gardens I and J, hoping to complete work in existing areas before moving on to the expansion project. Unfortunately, frost halted work on headstone removal earlier than expected. Work to this area was limited over the winter months rather than risk damage to grave markers.

Large amounts of rain this spring posed further challenges. Each major rainfall requires two to three days for the area to dry before work can restart.

Despite weather-related setbacks, the project is running only approximately two weeks behind schedule. Work in Interment Gardens I and J is expected to be completed by the end of summer and families may again begin visiting these areas once new turf is established, which may take several more weeks. The overall expansion project is expected to be substantially completed in December 2010.

For more information about Wisconsin Veterans Cemeteries and the Wisconsin Department of Veterans Affairs, please visit www.WisVets.com or call WDVA toll-free at 1-800-WIS-VETS (947-8387).

NEWS UPDATE FOR THE LOCAL AREA



Horicon National Wildlife Refuge

The following information was received from: Arthur Wilkes, Volunteer Coordinator

I am the new Volunteer Coordinator for the US Fish and Wildlife Service Visitor Center at Horicon National Wildlife Refuge (northern portion of Horicon Marsh), http://www.fws.gov/midwest/Horicon/.

I would like to provide you with some helpful information and request your assistance in promoting the Visitor Center and its Volunteer Opportunities.

Let me start with the helpful information. Disabled veterans may obtain the free America the Beautiful Pass at our Visitor Center. Veterans may present their VA determination of disability, in person, to our Visitor Center Staff from Monday to Friday, 7:30 to 4:00 in order for this pass to be issued. http://www.nps.gov/fees_passes.htm.

Our request is to ask for your assistance in communicating to all veterans our volunteer opportunities. We conduct numerous projects focused on the preservation, protection, and enhancement of wild-

life throughout the year. Veterans can review some of our continuous volunteer opportunities on our website at http://www.fws.gov/midwest/Horicon/volunteer.html.

Anyone seeking an opportunity to volunteer can complete and submit a Volunteer Application for Natural Resource Agencies. The form can be obtained in the Visitor Center or at http://www.fws.gov/volunteers/volOpps.html. Completed forms can be submitted to us via email horicon@fws.gov/horozopps.html. Completed forms can be submitted to us via email horicon@fws.gov/horozopps.html. Anyonide Headquarters Rd., Mayville, WI 53050.

We possess numerous opportunities and welcome inquiries. For more information on volunteering call 920-387-2658 ext. 24 or 15.

Thank You Arthur L. Wilkes Volunteer Coordinator

Marquette Volunteer Legal Clinic (MVLC) Legal Information & Referral Service

The following information was received from Lori Zahorodny Lori.zahorodny@marquette.edu

Marquette University is pleased to announce that they are now providing free legal information and referral services at four locations in Milwaukee WI., Monday* through Friday. Marquette Volunteer Legal Clinic (MVLC) sites now include:

- Milwaukee Justice Center at the Milwaukee County Courthouse
- Milwaukee County Veterans Service on the VA grounds (only for veterans & their families)
- ♦ The House of Peace
- Hillview campus of the Council for the Spanish Speaking

For an electronic copy of our flyer (in both English &



Spanish) as well as a flyer of the Veterans' clinic, you may go to www.marquettelegalclinic.org and click on "Download a Flyer."

Marquette University is also providing information pertaining to www.legalhelpmilwaukee.org, a website that provides referral information for other free and low cost legal services available in the Milwaukee area.

If you have questions, please contact:

Lori Zahorodny, Program Assistant Marquette Volunteer Legal Clinic Lori.zahorodny@marquette.edu

*Please note that the VA location is open only the 1st and 3rd Monday of each month.



Never Forget

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Stepping Stone Farms Presents Veterans Equine Assisted Therapy Programs

The following information was received from: Liafarrier@yahoo.com



What is the Veterans Equine Assisted Therapy **Program?** Equine assisted psychotherapy is an emerging form of therapeutic intervention in which horses are used as tools for clients to gain self-understanding and emotional growth. Equine assisted psychotherapy is a type of animal assisted therapy, a field of mental health that recognizes the bond between animals and humans and the potential for emotional healing that can occur when a relationship is formed between the two species. Our Equine Assisted Therapy Program involves equine activities set up and facilitated by a licensed mental health professional and a horse professional. These activities are most often performed on the ground (rather than riding), and include such things as grooming, feeding, haltering and leading the horse. During the process of working with the horse, the therapist and veteran engage in talk therapy, processing feelings, behaviors and patterns. The ultimate goal for the client is to build skills such as personal responsibility, assertiveness, non-verbal communication, self-confidence, and self-control.

Why use horses for therapy? One reason is because horses need a lot of care. A veteran can put aside his or her own troubles in the immediate job of caring for the horse. Horses are large and strong, which challenges a person to overcome his fear in order to work with the animal. Horses mirror moods, too; they respond negatively to negative emotions, teaching the veteran that his behavior can affect others, and making it neces-

sary to modify behavior in order to work successfully with the animal. Much can be learned from simply observing horse behavior. Horses can be stubborn or defiant, playful or moody. They have a variety of "herd dynamics" such as pushing, kicking, biting, squealing, grooming one another, and grazing together. In the process of describing the horse and the interactions between the horses, clients can learn about themselves and their own family dynamics.

Equine assisted therapy is thought to be an effective short-term therapeutic approach for both individuals and families, addressing a number of mental health problems, including behavioral issues, depression and anxiety, low self esteem, eating disorders, ADD/ADHD, post traumatic stress disorder, and relationship problems. While there is a need for research to support anecdotal evidence of the effectiveness of Equine assisted psychotherapy, this type of animal assisted therapy is slowly gaining support among mental health professionals.

We welcome any veteran suffering from an emotional issue to come to one of our events. Volunteers are always welcome to assist with our program.

For information on scheduling an appointment at Stepping Stone Farms, please contact:

Lia Sader , Executive Director 414-379-2314 or e-mail <u>liafarrier@yahoo.com</u>



Green Bay Packer's—"Salute Our Military" Exhibit

The following information was received from: Jeff Dentice (Doc) - docdentice@wi.rr.com

Pro Football and the American Spirit—We invite you to visit this inspirational exhibit on October 15, 2010— thru January 9, 2011. Chronicling the many ways the NFL has responded to America during times of military unrest, it gives you the opportunity to experience the tragic and triumphant stories of some of the 1,200 players, coaches and administrators who interrupted their pro football careers to answer the call of duty.

Through films, artifact exhibits and interactive displays, learn about:

- ◆ The NFL's generation of War Bonds during WWII
- ♦ The NFL/USO Vietnam "goodwill tours"
- Players and personnel who served—from WWII to Desert Storm to Afghanistan
- How the NFL used its resources to increase the level of patriotism

ADMISSION:

\$10.00—Adults (18-61)

\$ 8.00—Seniors (62+), Youth (12-17), Military (w/valid military ID), Student (w/college student ID)

\$ 5.00—Children (6-11)

Free—Children (5 and under)

HOURS:

Non-Game Days Monday—Saturday: 9 a.m. to 6 p.m. Sunday: 10 a.m. to 5 p.m. Hours vary on holidays.

Home Weekends—Check online for special hours. Go to www.Lambeaufield.com and click on Hall of Fame link.

Call 920-569-7512 for special pricing for groups of 20 or more people.





Bryant & Stratton College Hires Military Recruiter

The following information was received from rmratajewski@bryantstratton.edu



Milwaukee – Bryant & Stratton College is proud to announce the hiring of Sergeant First Class Jerome Hammonds Jr. as a full-time Military and Bachelor's Degree Admissions Specialist for the Milwaukee colleges. Hammonds recently retired after 20 years of service from the United States Army bringing experience in recruitment and management.

Hammonds will be responsible for strategic direction of the Military Services and Bachelor Degree programs consistent to the mission, vision and values of Bryant & Stratton College's three Milwaukee-area campuses. Hammonds will work in partnership with local veteran organizations, military units, institutions of higher learning and businesses providing information and guidance to veterans regarding their education.

"We are extremely excited to have Jerome joining the Bryant & Stratton College family" said Pete Pavone, director of the Milwaukee Colleges. "Our college is dedicated to providing military personnel the service, training and experiences necessary to achieve outstanding outcomes in their chosen career direction... before, during and after their service. Jerome's experience and dedication will help provide our military students this support."

Prior to joining Bryant & Stratton College, Hammonds was a Military Recruiting Office Supervisor in the Milwaukee area. Hammonds has also held similar positions in Miami, Fla., Montgomery, Ala., and Oklahoma City, Okla.

"The desire for success should always be greater than the fear of failure, Hammonds said. "Work hard, stand tall, and always strive to be the very best you can be." Bryant & Stratton College was chosen as a Military Friendly School by G.I. Jobs Magazine in 2010. The college also supports financial aid for veterans through grants and scholarships including a \$6,000 Salute to Spouses Scholarship for military spouses and the Dr. Russell Seager Memorial Scholarships for the Medical Assistant program. Captain Seager of the U.S. Army was killed in the Fort Hood tragedy in November, 2009 awaiting deployment to Afghanistan to support combat forces as part of a special mental health unit. Dr. Seager taught at Bryant & Stratton College from 2005-09 in the Medical Assistant and Nursing programs.

About Bryant & Stratton College:

Bryant & Stratton College is a premier career college delivering outcomes-based education and training through a flexible, contemporary curriculum in a personalized environment. With campuses across four states, including an Online Education Division and Professional Skills Center, Bryant & Stratton College offers lifelong learning options through Associate, Bachelor and continuing education programs. For more information, stop by any of their campuses: Downtown on West Wisconsin Avenue; Wauwatosa on West Potter Drive; or Bayshore Town Center in Glendale. Interested students can also call 414-276-5200, text BRYANT6 to 32075, or visit www.bryantstratton.edu.

For more information contact: Ryan Ratajewski 414-961-9600 rmratajewski@bryantstratton.edu

or

Jerome Hammonds 414-302-7000 jhammonds@bryantstratton.edu

(Gulf War Veterans—Continued from page 4)

- Brucellosis Campylobacter jejuni
- ◆ Coxiella burnetii (Q fever)
- Malaria
- Mycobacterium tuberculosis
- Nontyphoid Salmonella
- ♦ Shigella
- Visceral leishmaniasis
- ♦ West Nile virus

Veterans must have the diseases within a certain time after service and have a current disability as a result of that disease in order to receive health care and disability compensation for the diseases. Learn more about **infectious disease time limits and symptoms**.

Amyotrophic Lateral Sclerosis (ALS): Amyotrophic lateral sclerosis (ALS) is not associated with hazardous exposures during the Gulf War. However, VA has recognized ALS diagnosed in Veterans with 90 days or more of continuously active service in the military was caused by their military service. Learn about VA benefits for ALS, including health care benefits and disability compensation and other non-health benefits.

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Armed Forces Day Formal Parade—May 14, 2010 at St. John's Northwestern Military Academy

The following information is from Tom Ludka, Veterans Service Officer



Commander VFW Post 721—Loren Lenhart (left) presenting the VFW School Citizenship Medal Award to C/PFC Isaac Work





Thomas A. Ludka—Waukesha County Veterans Service Officer Jack H. Albert, Jr.—President of the Academy Daniel P. Vrakas—Waukesha County Executive







Flag Holder for Graves & Medallions

The following information is from Tom Ludka, Veterans Service Officer Our office has a flag holder that may be applied to a family headstone. The emblem may be changed to reflect the proper war era. If you need one to mark a Waukesha County veterans final resting place, please come to our office and pick one up. This cannot be used with the older metal flag holders.

This flag holder will not interfere with grave maintenance and is meant for upright monuments. It has an adhesive backing and needs to be applied to a flat surface.

We still have the smaller "U.S. Veteran" medallion available for upright or flat stones.

